

Non-Violent Engagement During Challenging Times

Communication - De-escalation - Action

Join us for a training about the philosophy and strategies of non-violence and activism.

Practice hands-on:

- Peaceful Action
- De-escalation techniques
- Communication skills

Whether you have been an activist for years or wish to learn and understand best practices for non-violent civic engagement, all are welcome!

Please register as space is limited.

Register at <https://bit.ly/4tGLCPg>
or scan the QR Code below.



When

Saturday, March 7th
1 p.m. – 5 p.m.

Where

Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139



Questions?

Contact the Cambridge Human Rights Commission at hrc@cambridgema.gov or call at 617-349-7222.

To request an interpreter, email accesshelp@cambridgema.gov by **February 27, 2026**.



"We adopt the means of nonviolence because our end is a community at peace with itself. We will try to persuade with our words, but if our words fail, we will try to persuade with our acts."

Rev. Dr. Martin Luther King Jr.